

## CLAIM AMENDMENTS

Please amend the claims as follows:

1        1.*(currently amended)*        A hand grip device comprising:  
2        a substantially rigid U-shaped grip member having a first end and a second end;  
3        a strap removably attached to the grip member ~~having a front and a back~~;  
4        said strap having a front and a back;  
5        the strap having a first end and a second end;  
6        an adjuster located on said first end of the strap;  
7        the strap having a predetermined length and a predetermined width; and  
8        a means for fastening the strap first end to the strap second end.

1        2.*(original)*    The hand grip device of claim 1 wherein:  
2        the grip member is steel.

1        3.*(original)*    The hand grip device of claim 2 wherein:  
2        the grip member is coated with a plastic finish.

1        4.*(original)*    The hand grip member of claim 1 wherein:  
2        the grip member has a slot located on the first end; and  
3        the slot is sized so as to accommodate the strap width.

1        5.*(original)*    The hand grip member of claim 1 wherein:  
2        the grip member first end is longer than the grip member second end.

1        6.*(original)*    The hand grip device of claim 4 wherein:  
2        the grip member first end is longer than the grip member second end.

1        7.*(original)*    The hand grip device of claim 1 wherein:  
2        the means for fastening is hook and loop type material.

1           **8.(canceled)**

1           **9.(currently amended)**       The hand grip device of claim **[[8]] 1** wherein:  
2           the adjuster is sized so as to accommodate said width of the strap.

1           **10.(original)** The hand grip device of claim **7** wherein:  
2           the fastening means is located on the front of the strap.

1           **11.(currently amended)**   A method of using a hand grip device comprising a  
2           substantially rigid U-shaped grip member having a first end and a second end; a strap  
3           removably attached to the grip member ~~having a front and a back~~; said strap having a front  
4           and a back; the strap having a first end and a second end; an adjuster located on said first end  
5           of the strap; the strap having a predetermined length and a predetermined width; and a means  
6           for fastening the strap first end to the strap second end, said method comprising the steps of:  
7                   a.     placing the hand grip device in a palm of a user's hand;  
8                   b.     placing the strap around a wrist of a user;  
9                   c.     applying the means for fastening; and  
10                  d.     placing a handle of an object into the U-shaped grip member.

1           **12.(original)** The method claimed in claim **11** wherein:  
2           the object is a shopping bag.

1           **13.(original)** The method claimed in claim **11** wherein:  
2           the object is luggage.

1           **14.(original)** The method claimed in claim **11** wherein:  
2           the object is a briefcase.

1       **15.***(original)* The method claimed in claim **11** wherein:  
2       the object is a weight.